



West Milford High School

October 2017

Lunch Menu



Monday 10/02

Teriyaki Chicken with Brown Rice and Broccoli
Popcorn Chicken with a Dinner Roll

Tuesday 10/03

Mozzarella Sticks with Marinara
Cheese Quesadilla with Salsa

Wednesday 10/04

Waffle Bar – Belgian Waffles with Syrup and Sausage
Meatball Parmesan Hero

Thursday 10/05

Chicken Parmesan with Pasta
Taylor Ham, Egg, and Cheese on a Roll

Friday 10/06

French Toast Sticks with Sausage and Hash Browns
Breaded Fish Filet with Lettuce, Tomato, and Tartar Sauce 

Available Daily:

Your comments are important to us. Please email us at comments@pomptonian.com

Each complete lunch includes: Choice of Entrée with Protein/Grain, a trip to **The Farm Stand**, and Choice of Milk



Made-to-Order Sandwiches
Weekly Sandwich Special



Salad Bar 
Assorted Grab-and-Go 
Weekly Salad Specials 
Garden Burst Salads offered with a Roll



Chicken Patty on a Bun
Burgers on Buns
Cheesesteak Hero
Assorted Pizzas



Featuring an assortment of popular and healthier snack and beverage options



Selections on The Farm Stand are included with Lunch. Choose ½ cup of fruit and 1 cup of vegetable from a variety of options daily.



At least 50% of All Grains served w/ your meal are Whole Grain Rich

"This institution is an equal opportunity provider."



Look for Healthier Choices



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Monday 10/09

**COLUMBUS DAY
SCHOOL CLOSED**

Tuesday 10/10

**Soft or Crunchy Tacos with Seasoned Taco Meat, Brown Rice, Cheese, and Salsa
Chicken Fajita Wrap **

Wednesday 10/11

**Chicken Patty BLT on a Bun
Baked Macaroni and Cheese with a Dinner Roll**

Thursday 10/12

**Chicken Quesadilla with Salsa
Hot Dog on a Bun with Assorted Toppings**

Friday 10/13

**Breaded Fish Filet with Lettuce, Tomato, and Tartar Sauce 
The Sampler - Baked Mozzarella Sticks and Chicken Nuggets with Dipping Sauces**

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**Salad Bar 
Assorted Grab-and-Go  lads 
Weekly Salad Specials 
*Garden Burst Salads offered with a Roll***



**Chicken Patty on a Bun
Burgers on Buns
Cheesesteak Hero
Assorted Pizzas**



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Monday 10/16

Chicken Nuggets with a Dinner Roll
Sausage, Egg, and Cheese on a Bagel

Tuesday 10/17

Chicken Patty with Bacon, Lettuce, and Tomato on a Bun
Meatball Parmesan Hero

Wednesday 10/18

Wild Wing Wednesday – Assorted Chicken Wings with a Roll
Pizza Crunchers with Marinara Sauce

Thursday 10/19

Chicken Parmesan with Pasta
All-Beef Hot Dog on a Bun

Friday 10/20

Buffalo Chicken Twister Wrap
Baked Mozzarella Sticks with Marinara Sauce

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Monday 10/23

Herb-Roasted Chicken with Mashed Potatoes and a Dinner Roll 
 Cheese Quesadilla with Salsa

Tuesday 10/24

Pasta with Meatballs and Sliced French Bread
 Chicken Fajita Wrap 


Wednesday 10/25

BBQ Pulled Pork on a Bun
 Cool Ranch Chicken Twister – Grilled Chicken with Jack Cheese, Lettuce
 and Ranch Dressing in a Wrap

Thursday 10/26

“Firecracker” Spicy Chicken Wrap with Lettuce and Tomato
 Hot Dog on a Bun with Assorted Toppings

Friday 10/27

Chicken Bowl – Mashed Potatoes topped with Gravy, Corn,
 and Crispy Chicken with a Dinner Roll
 Breaded Fish Filet with Lettuce, Tomato, and Tartar Sauce 

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 Garden Burst Salads offered with a Roll



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West Milford High School October-November 2017 Lunch Menu



Monday 10/30

Baked Mozzarella Sticks with Marinara Sauce
Chicken Parmesan with Pasta

Tuesday 10/31

Popcorn Chicken with a Dinner Roll
Homemade Calzones

Wednesday 11/01

Nachos Grande with Seasoned Taco Meat, Brown Rice, and Tortilla Chips
Pizza Crunchers with Marinara Sauce

Thursday 11/02

Grilled Chicken, Lettuce, and Tomato on a Bun 
Meatball Parmesan Hero

Friday 11/03

Cheese Quesadilla with Salsa
Chicken Nuggets with a Dinner Roll

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